

August Surprise!

**Join us on
Tuesday, August 23
at 12:30 p.m.
for a super surprise !**

P. S. Don't ask us what it is... we won't tell you.

August 21 is National Senior Citizens Day & we are celebrating the 23rd.

CHECK OUT THESE OTHER GREAT ACTIVITIES IN AUGUST:

- 8/4 Understanding Long Term Care Insurance
- 8/8 Williamson County Fair Trip
- 8/12 Luau Dance
- 8/18 Money Smart for Older Adults
- 8/19 Fall Lawn Care Demonstration
- 8/20 Big Band Dancing at Centennial Park, Nashville Trip
- 8/26 Last Trip to Rutherford County Farmer's Market
- 8/27 Cooking with Chef Russ

Look inside the Leaf for more information on all of these activities.

FROM THE DIRECTOR



Connie C. Rigby
Center Director
Hours: Monday-Friday
8:00 a.m.-4:30 p.m.

As we move into August I would like to give our participants an update on the future remodel plans for the Center. Mid-August we should be notified by the City and our construction team the hard timeline for the remodel phase and closure plans. Once announced this timeline will be publicized and posted at the Front Desk and in classrooms throughout the building. The

staff have planned programs in the Center through September. Some but not all of our programs will be provided on a reduced schedule (M, W, & Th) during the remodel at other City sites. Staff are working on plans for services offsite that will be announced when we receive the timeline from our construction team. We are taking in consideration seniors, staff, all our mandated service contracts, partnership with Meals on Wheels, Adult Day Services



and our social services in this plan. Construction will include a new HVAC, lighting and security system, flooring and new front entrance. The LEAF will continue to be mailed out during the remodel to give up dates on the remodel and provide seniors with the details on when, where and what programs will be offered. Due to the construction, the majority of our programs cannot continue as you are accustomed to in our offsite plan. Day trips will be offered during the remodel and we will have an M-F plan for ADS clients. We are working very hard to

minimize the time the center will be closed and we appreciate your cooperation and understanding during the remodel. We are excited about the opportunities ahead.

Programs for August that you might want to take a look at are: Understanding Long Term Care Insurance on the 4th, Money Smart for Older Adults on the 18th, and Fall Lawn Care Demonstration on the 19th.

Join us for the fun!

Your Director, Connie C. Rigby

SUPPORT GROUPS AT ST. CLAIR

Alzheimer's Association Support Group "Share the Care" meets the second Friday of each month at 12:00 n. to provide emotional, educational and social support for family caregivers of those diagnosed with Alzheimer's or dementia. Contact Cindi Thomas for more information at 615-848-2550 ext. 2506.

Memory Cafe meets in Murfreesboro at Through the Grapevine on the third Monday of each month from 2:00-3:00 p.m. and provides a relaxed, friendly occasion for persons with Alzheimer's or other memory loss issues and their caregivers to talk, laugh and experience friendship. Dessert, coffee and iced tea will be served. Contact Cindi Thomas for more information at 615-848-2550 ext 2506.

Grief Relief Support Group meets the third Friday of each month at 10:00 a.m. and is for those individuals that are in need of emotional and physical support in a safe and nonjudgemental environment. Grief can be: death, marriage/divorce, retirement, health, work, living conditions, financial state, relationship with family, friends or co-workers.

Parkinson Support Group meets on the third Saturday of the month at 1:30 p.m. This group offers educational programs and guest speakers for those afflicted with Parkinson's disease and welcomes Parkinson patients and family members to join us for education, support and friendship. Contact Dee Brown at 848-2550 ext. 2504 for more information.

Labor of Love Caregiver Support Group meets on the fourth Friday of each month at 12:00 n for general questions, answers and support. A light lunch is provided. This support group offers compassion and advice for caregivers of seniors with Alzheimer's, dementia, the disabled and the chronically ill. Contact Cindi Thomas at 848-2550 ext. 2506 for more information. Please be sure to tell others who may benefit from this group.

PROGRAMMING

EVERYBODY HAS A STORY TO TELL!

We're excited about the new writing class beginning on August 8, 2016. **Write Now!** will be interactive, informative, and most of all... just plain fun! Jayne Stewart, published writer and certified trainer, will help you put your stories into words. Class takes place Mondays from 1:30-3:00 p.m. August 8, 15, 22, and 29. Instructor fee is \$20 per month. Students are to bring a notebook or paper and pen.

The class will be ongoing into the next few months for as long as there are stories to tell. The class format will be informal, yet productive, and will include a wide variety of themes and writing prompts. Writers will share stories, critique each other's work, and get to know each other through their writing. New writers can join at any time, as the curriculum will be flexible and easy to follow. A new writer's exercise will be introduced each week during class, and writers will have the opportunity to be creative and share their work.

Stories are meant to be told! Jayne will guide you as you write about your experiences in life, and help you create a piece of work that family and friends will be delighted to read! The class will have the opportunity to participate in "Writer's Corner" activities from time to time, as the class progresses and stories evolve! Come check it out! Write Now!



Brenda Elliott
Program Coordinator
Office Hours: Monday-Friday
8:00 a.m.-4:30 p.m.

ADULT COLORING BOOK SUCCESS

We had a great time with a very unique group of people at the Adult Coloring Book Meetup on Monday, June 27. Every coloring book was different and each person had their favorite type of coloring medium. Some folks had glitter pens, pencils, markers and so on. Of the fifteen people who signed up, ten came to the group.

If you missed the first session, feel free to sign up and come to the August Adult Coloring Book Group on August 8 and August 22. The room is open from 11:00 a.m.-3:00 p.m. for your pleasure.



Lisa Foster
Program Coordinator
Office Hours: Monday-Friday
8:00 a.m.-4:30 p.m.

LAWN CARE DEMONSTRATION • AUGUST 19

On Friday, August 19 from 9:00-10:30 a.m. Mitchell Mote, UT Extension Agent III is doing a hands-on demonstration on our lawn. Mr. Mitchell says, "Cool season turfgrasses are the most commonly used grasses in home lawns, but summer weather conditions can really beat them up and cause their appearance to suffer. Late summer to early fall is the ideal time to renovate and refresh these stressed out lawns." We'll cover the steps of rejuvenating cool season lawn grasses such as weed control, overseeding and fertilization, and demonstrate tools commonly used in the renovation process. You can leave better prepared to make improvements in your own lawn. Sign up to watch this real-life demonstration.



MEDITERRANEAN HORS D'OEUVRES WITH CHEF RUSS

If you are ready for another Cooking with Chef Russ class, grab your taste buds and buy your tickets. Get ready for an end of summer bash. It's time to impress everyone at your party with some Mediterranean hors d'oeuvres that you learned to make yourself. I can't wait to share these amazing recipes and techniques with you. Your family and friends will think you hired an expensive caterer, when in fact it was you who made them. We will be making:

- Stuffed Figs with Goat Cheese and Pancetta
- Pomegranate Poached Pear Crostini
- Zucchini Keftedes with Feta and Dill
- Marinated Melon Wrapped in Prosciutto
- Mediterranean Tarts with Balsamic Drizzle
- See page 17 for detail and how to sign up.



ADS HAPPENINGS

ADS HAPPENINGS

By Amanda Pullias, Adult Day Service Program Coordinator



By Amanda Pullias
ADS Coordinator
ADS Hours: Monday-Friday
8:00 a.m.-4:30 p.m.

ADS have had a wonderful summer of fellowship and fun. We received a donation of two lovely and comfortable safety gliders for the ADS activity room. Our raised garden boxes produced tomatoes and vegetables; we even had squash casserole. We welcomed new participants and welcomed back former participants. We celebrated birthdays for Ron, Kathy,

Amanda, Larry and Sandye. We talked of summers past when life was simpler.

Can you remember the simplicity of childhood in the summer? Do those memories bring a smile? When short term memories fail us, our long term memories become more important. Two separate studies at Harvard University and St. Olaf University have concluded that social interaction and reminiscence are important to healthy aging, resulting in lower blood pressures and are possibly as effective as physical exercise to our health. Sometimes just an ear of fresh corn or a vine ripened tomato will evoke good memories and will connect the present to the past. This is important for those who may be losing short term memory. We are glad to know that we are on the right track in encouraging reminiscence in our ADS participants.

In the ADS we like to reminisce. One day we talked about our childhood summer fun as we made collages from magazine cutouts. Perhaps some of the following memories from that discussion will inspire you to reflect on what has been good about your lives. We found out that Pat Barlow played on sandbars in the Hudson River and watched logs being transported down the river; Bil-

lie Brown's daddy built her a play house when she was a girl in Fresno; Sandye Seiffert loved playing in the creek. Kathy Herod played kickball in the cul de sac of her street and playing in nearby creeks. Ron Thompson said he loved nothing better than flying small planes as a youth as his father started teaching him at the age of seven. Larry Short and Mike Owen remember playing and fishing in Stones River and Mill Creek before Percy Priest Lake was formed. Johnnie Matlock's memory of swinging in a tire swing over the creek prompted several memories we all had of swinging out over the river from rope swings. Amanda Pullias enjoyed camping and swimming on lakes in Kentucky and Tennessee and sing-

ing songs in the car with the family on long trips to Georgia and the Mississippi coast. And we all shared the common memory of fireflies (or "lightening bugs" in the south), fresh corn on the cob with cucumbers and tomatoes at dinner and sitting on the porch, hopeful of catching a breeze on warm summer nights. What do you remember about summer? We in the ADS hope your own memories bring a smile and a resolution to enjoy



ADS Participants enjoy new safety glider chairs.

life a little more right now.

In August, we're going to celebrate the best of late summer with friendship, games, crafts and projects together. We'll have music and art. We will make new friends and new memories. If you have a senior relative or friend with short term memory loss who might benefit from our group, be sure to tell them all about the ADS and let them know that our staff would love to tell them about our program. Spread the rumor that **LIFE IS GOOD in the ADS.**



Shawn Fand, our volunteer in the ADS, is always happy to help!

CARE SPECIALIST NEWS

MONEY SMART FOR OLDER ADULTS: PREVENT FINANCIAL EXPLOITATION AUGUST 18 • 8:30-11:30 A.M.

There are over 50 million adults age 62 and older and this population is the prime target for financial exploitation both by strangers and persons known and trusted. Financial exploitation has been called “the crime of the 21st century”, with these cases being complex and difficult to investigate and prosecute. Money Smart for Older Adults is a course designed by the Consumer Financial Protection Bureau and Federal Deposit Insurance Corporation. This course will teach you to:

- Recognize and reduce the risk of elder financial exploitation
- Guard against identity theft
- Plan for possible loss of your ability to manage your finances
- Prepare financially for disasters
- Find other resources for managing your money and reporting financial exploitation.

This class will be taught by Laura Brown, Tennessee State Long Term Care Ombudsman. Please sign up for this important class, there will be a limit of 50 spaces.

UNDERSTANDING LONG TERM CARE INSURANCE POLICIES AUGUST 4 • 10:00 A.M.

Kevin Fehr, Certified Senior Advisor with Amada Senior Care will present information beneficial to individuals interested in learning more about purchasing Long Term Care Insurance, (or persons that already have a policy, and need to understand it) what to look for, understanding the benefits and how to deal with the insurance company's claims department.

Amada Senior Care is a provider of non-medical caregivers and does not sell insurance, but rather Mr. Fehr is an expert in understanding LTC underwriting and policies. His company can even perform a complimentary assessment of your policy to help you understand your benefits. Please join us to learn more about LTC insurance, if you already have a policy and want him to assess it, you are more than welcome to bring it along. Again, this is not a sales program, but understanding LTC insurance benefits is one of the services his company offers. Please sign up if you plan to attend.

LAST CALL FOR FARMER'S MARKET

August is a great month to visit the Farmer's Market and will be your last opportunity to travel with us with no transportation cost. Join us on two Fridays, August 12th and August 26th. We leave at 8:30 a.m. and return no later than 10:00 a.m. Please sign up by the day before, if we have less than 5 riders, we will need to cancel the trip.



By Dee Brown
Care Program Specialist
Office Hours: Monday-Friday
8:00 a.m.-4:30 p.m.

HANDYMAN SATURDAYS

Volunteers from New Vision Baptist Church will be assisting seniors with simple household chores on the following two Saturdays: August 13th and October 8th. Typically, this group of volunteers will do yard work, wash windows, clean gutters, etc. They do not do skilled jobs (electrical, plumbing, carpentry, large painting jobs, etc.) but if you have a chore that you need help with that can easily be done by volunteers, please contact me and I will add you to the list. There are a limited number of openings on both of these Saturdays so there is no guarantee of service when you call.

POWERFUL TOOLS FOR CAREGIVERS

Our new class “Powerful Tools for Caregivers” will begin on Monday, August 15th and will meet from 1:00-3:30 p.m. for six consecutive weeks. This series of classes has been proven effective in helping caregivers cope with the day to day stresses of caregiving. This class is limited to 10 participants and is offered to individuals that are active family caregivers and not professional caregivers. **It is important to commit to the full course as each class builds on the other.**

Please contact Cindi Thomas or Dee Brown, co-leaders of this class, to reserve a spot and to inquire about respite care during the class for your loved one.

Volunteer Corner • August 2016



By Carol Ransom
Administrative Support Specialist
Hours: Monday-Friday
8:30 a.m.-1:30 p.m.

Have you ever thought about volunteering to help animals? Rutherford County has several organizations to rescue and find homes for our furry friends. They are looking for volunteers to take photos, work with rescued animals to get them used to people, feed and bathe animals and promote their organization to the community.

PAWS: Paws.rutherfordcountyttn.gov

615-898-7740

Humane Society: Rutherfordcountyhumanesociety.org

615-898-7740

Almost Home: No phone calls please. Emails only to: mary@almosthomerutherford.com
www.almosthomerutherford.com/events

LIBRARY DONATIONS

Many thanks to our volunteer librarians for keeping our library current and organized. It is a haven for our participants to be able to read current newspapers and magazines. Our book selection is fantastic thanks to our donors. If you would like to donate your gently used books, here are some tips.

- Please no more than 30 books at a time.
- Books must come from a non smoking environment.
- They must not be more than 7 years old.
- We cannot accept magazines, textbooks or encyclopedias.
- Do not leave donated books outside of our doors. Place books next to the blue tub in the library.

THANKS FOR YOUR HELP!

CHESS SUCCESS!

Our first meeting of Chess was very successful. Ronald Woody played his first ever game under the instruction of Jim Frazier. Fred Staples learned some good moves too. Ross Elliott and P.J. Hefferman attended and played a good game!



If you want to play Chess or learn to play in a hands on way, come to the Chess Group at 10:00 a.m. on Thursday, August 11 and 15 from 10:00 a.m. until you finish your games. The room is reserved until 2:00 p.m. Be sure to sign up!

CAREGIVER, HOW DO YOU RELAX?

Did you know that August 15, 2016 is National Relaxation Day!

National Relaxation Day was first celebrated as National Slacker Day in Britain in 2001 and has caught on in the United States over the past several years to promote leisure and wellness activities.

National Relaxation Day is an important day as we all need a break from the fast paced and hectic lifestyles that we live. There are always schedules that we have to follow and appointments, meetings, errands and etc. that keep us busy every day. In the hustle bustle of our daily lives, most of us often forget to slow down and take some time for ourselves. The often “too busy” days can become stressful. It is a day to sit back, do nothing and relax.

Relaxation is a form of mild ecstasy coming from the frontal lobe of the brain in which the backward cortex sends signals to the frontal cortex via a mild sedative.

Relaxation helps improve coping with stress. Stress is the leading cause of mental problems and physical problems, therefore feeling relaxed is beneficial for a person’s health. When we are stressed, the sympathetic ner-

vous system is activated because we are in a fight-or-flight response mode, over time this could have negative effects on a human body. August 15 is the one day every year when it is acceptable to ignore phone calls, disregard e-mails and take it easy because it’s National Relaxation Day!

Not everyone is able to get this holiday off from work, so while you are at your job, do what you can to avoid stress and do not work late today. When you get off of work, take a deep breath, unwind, relax and begin your National Relaxation Day celebration!

How to Celebrate? First of all, there is no panicking allowed on National Relaxation Day.

- Relax! Do whatever that you feel relaxes you, even if it is for a short while. One way to relax is to use a deep breathing technique. Slowly inhaling and exhaling can help your body to relax. Simply get in a comfortable seated position. Inhale through your nose, hold for 5 seconds, and then exhale through your mouth slowly. Continue these repetitions about 10 times and you will immediately feel your body relaxing. If you ever feel anxiety

or stress try this breathing exercise.

- Use this day to do a digital detox. Unplug the computer, put away

the phone and stay away from all social media. With no work emails to fret over and social dramas to be bothered with, you will feel the stress melt away.

- Go to the spa for a day of pampering and some “me” time.
- Take a leisurely walk in the park. Stop and smell the roses, walk barefoot on the grass, have a small picnic by yourself or read a book while people watching.
- So on this day, do things that help you relax and de-stress. Kick back and enjoy a cold beverage in your backyard, read a book curled up with a hot cup of coffee or tea, or take a warm bath and spend the day in your pajamas watching a TV marathon.

Caregiver, how do you relax? Then Do it!



By Cindi Thomas,
Caregiver Information
Coordinator
Monday-Friday
9:30 a.m.-1:30 p.m.

Cindi

CAREGIVER PROGRAMS

GRIEF SUPPORT



St. Clair Street Senior Center

10:00 -11:30 A.M. 3rd Friday of each month

Come take this journey with individuals that are in need of emotional and physical support in a safe and non-judgmental environment.

Death/Marriage/Divorce/Retirement/Health/Work /Living Conditions/Financial state/Relationship w/ family, friends, co-workers



The 3rd Thursday of each month
11:30 A.M. -1:00 P.M.

*Programs during the lunch hour
to help educate and inform
participants about their
environment, health subjects,
financial planning and community
resources.*

Labor of Love Caregivers Support Group

The 4th Friday of each month
12:00noon -1:00 P.M.



*The Caregivers Support Group is for
relatives caring for the elderly with
chronic illness & Alzheimer's
disease*



Memory Café in Murfreesboro-

3rd Monday of each month
2:00-3:00 P.M. @

Through the Grapevine Restaurant

630 Broadmor Blvd. Suite 190
Murfreesboro, TN 37129

*The Memory Café provides a
relaxed, friendly occasion for
persons with Alzheimer's or other
memory loss issues and their
caregivers to talk, laugh, and
experience friendship.*

*Dessert, coffee, and iced tea will be
served.*

"SHARE THE CARE"

**This support group is to provide
emotional, educational, and social
support for family caregiver's of
those diagnosed with Alzheimer's or
dementia.**



The 2nd Friday of each month @
12:00 noon



St. Clair's Talented Staff

Randy Huffman, ADS Program & Activity Assistant highlights in the summer as an umpire. Recently he was UIC (umpire in charge) of the district and State baseball tournament held in Murfreesboro. His crew (pictured at right) officiated at all the games for the last three weeks.

Way to go Randy and crew!



NURSE LAURA SAYS

YOU REALLY SHOULDN'T IGNORE THIS!

How often have you had a symptom come up and you weren't sure if you should have it checked out? You wonder "is this just part of aging" or "am I going to look silly for going to the doctor for this?" We've all been there. While I do not encourage running to the doctor for every stubbed toe or runny nose, I am one who says "better safe than sorry." To hopefully reduce your regrets, here is a list of symptoms you should not ignore.

- **Increase in fatigue:** Being tired once in a while may just mean you need to cut back on activities and rest. However, if the fatigue is frequent, severe, or lasts more than a week, you need to see your doctor. A lot of folks take NSAIDs (nonsteroidal anti-inflammatory drugs), including aspirin, ibuprofen, or naproxen, on a regular basis and this could lead to gastric bleeding, which can lead to anemia. There are other health issues and medications that can cause fatigue, so check with your doctor if it doesn't go away.
- **Shortness of breath:** This is a symptom that could signal a serious problem, especially if you also have a dry cough or have the SOB with little or no exertion.
- **Unexplained weight gain or loss:** If you have lost more than 10 percent of your body weight in six months, or if you lose more than 10 pounds without trying to, you need to see your doctor. Rapid or unexplained weight gain may mean you are retaining fluids and needs to be looked into.
- **Persistent fever:** Fever is your body fighting infection but persistent fever can signal something more serious. If your temperature is over 103° or lasts more than three days, call your doctor.
- **Changes in the appearance of a mole:** If the size or color of a mole changes or if a skin lesion doesn't heal, it could be skin cancer. You are at greater risk if you are fair-skinned and have spent a lot of time in the sun. As with most problems, seeking treatment sooner than later is best.
- **Changes in your "bathroom habits":** Painful urination, especially if you also have a fever, can indicate an infection and you will need an antibiotic. Blood in your urine or stool also needs to be checked out. Changes in what is normal for you need to be looked into.
- **Persistent sadness or hopelessness:** If you have those

feelings, lose interest in activities you once enjoyed, or have a hard time concentrating, you could be dealing with depression. Having constant pain may bring about some depression, as can losing the ability to do things you have always done. Some medications may even cause feelings of depression. The bottom line is if these feelings persist, talk with your doctor about it.

Make sure you seek medical attention immediately for sudden behavior, thinking, or vision changes or for chest pain. Get to the doctor if you have the worst headache of your life, calf pain with warmth & swelling, sudden or severe abdominal pain, or if you see floaters and flashes of light.

You know your body best and anytime you get that feeling of "something just isn't right" you need to get it checked out. There are several factors that would also increase your need to see a doctor, such as having a chronic disorder or weakened immune system. You can always call your doctor if you are unsure about whether or not you need to be seen and he/she can guide you.



Basics about the Zika virus: This virus is spread primarily through mosquito bites. You can also get the Zika virus through sex with someone who is infected with the virus. Unborn babies can be infected through their mother, also.

There is a possibility it can be contracted through a blood transfusion, but that has not been confirmed. Many who have the virus have no symptoms but common ones are fever, rash, joint pain, and red eyes. You may also have muscle pain & headache. These can last about a week. The Zika virus can cause birth defects if mom contracts it while pregnant and there have also been reports of a nervous-system illness in areas affected by Zika. Protecting yourself from mosquito bites is your best line of defense; there is no vaccine for prevention nor specific meds for treatment. You can check with the CDC Travelers' Health website to see if the area you are traveling to is a problematic area.



Laura Grissom, LPN
Nurse

Hours: Monday-Friday
9:15 a.m.-2:15 p.m.



ASK THE DOCTOR HEALTHY WEIGHT LOSS

Wednesday, August 24, 10:00 a.m. – 11:30 a.m.,

Dr. Kimberly Shannon will join us from Murfreesboro Medical Clinic Weight Loss and Wellness to show us ways to lose weight and maintain a healthy weight. Obesity affects our health in so many ways and can lead to diseases such as diabetes, heart disease, and high blood pressure. It can also contribute to sleep problems, some cancers, and stroke. You are in charge of your weight, so come and learn how to take control!

Living Well with Chronic Conditions

If you are dealing with an on-going health problem or disease (such as asthma, heart disease, diabetes, or chronic pain) we have a wonderful class for you! This six week workshop, Living Well with Chronic Conditions, is designed to complement and enhance medical treatment and disease management. Research has shown that participants are able to better manage their symptoms and communicate more easily with their doctors and loved ones. People who take the program feel better, are less limited by their illness, and may spend less time at the doctor or in the hospital.

The classes will begin on August 9 and will meet for 6 consecutive Tuesdays through September 13, from 9:00-11:00 a.m. The class, including materials, is free; there is a limit of 15. Please register by August 5.

It's Almost Health Expo Time!

The annual St. Clair Street Senior Center Health Expo is almost here! Mark your calendars on Thursday, September 22 for a morning of free health screenings and information, as well as some fun and door prizes! We will have approximately twenty healthcare workers here offering their services to you at no cost. Tell all of your friends (age 60 & over) and get ready for better health!



Blood Pressure Clinic: Did you realize high blood pressure is a leading cause of heart disease and stroke? The blood pressure clinic is every Monday from 9:30 a.m. until 11:30 a.m. in the nurse's station. We have wonderful healthcare providers here each week to help you keep track of your numbers. High blood pressure often has no symptoms but can be a risk factor for heart disease or stroke. If you haven't been checking your BP, start this Monday.

Tennessee Technology Center Field Trip

On the second Wednesday of the month we take a trip to the Tennessee Technology Center to provide non-medical nail care and hair care for our seniors. This month's trip will be on August 10. There is an annual fee of \$5 due on your first trip and services are \$5 each: shampoo/set, haircut, or nails. We will leave the center at 9:30 a.m. so you need to be here at 9:00 a.m.

If you would rather go on your own or on another date, you can call 615-898-8010 ext. 118 to make an appointment. If you want to have more than two services done, you will need to go on your own due to time constraints.

Please sign up at the reception desk by Friday, August 5 and let them know if you use a wheelchair. There is a limit of 10.

GO 4 LIFE: Fit Exercise & Activity Into Your Daily Life!

If you have never exercised or if you stopped exercising for some reason, let us help you get moving! Go4Life is from the National Institute on Aging and their goal (and ours) is to improve the health and well-being of older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. We are a "do it at your own pace" class for folks on many different fitness levels so join us on Tuesdays & Thursdays from 1:00-2:00 p.m. or Wednesdays & Fridays from 9:15-10:15 a.m. in the exercise room and improve your health! There is no fee for this class, just speak with the nurse if you are interested.

REGULAR EVENTS

CARDS: PINOCHLE, CANASTA, SPADES, UNO, SKIP BO, ROBESON BRIDGE, HEARTS, SPADES are played every day, all the time, in some shape or form. Usually it's just a group of people getting together and playing. Some games have scheduled times. If you are interested, stop by the card room, introduce yourself and ask about joining the fun! **CERAMICS WITH JO ANN** Meets on Wednesdays at 12:00 n. The Ceramics class is taught by Jo Ann Shreve.

CHICKEN FOOT (DOMINOES) Meets Mondays, Wednesdays & Fridays at 8:15 a.m. and on Tuesdays & Thursdays at 12:30 p.m. Stop by and introduce yourself and start playing.

"CLUB KARAOKE" on Wednesdays at 1:00 p.m. Join us in the lower dining room for singing or just come to watch! Bring your friends!

CROCHET GROUP Meets Tuesdays from 12:00-3:00 p.m. Bring your yarn and hooks and join this new way of crocheting.

JAM SESSION meets Thursdays at 1:00 p.m. Do you play a musical instrument or enjoy just listening? Then make plans to join this group of talented musicians who get together in the lower dining room and "jam." Stop by to listen or to play.

KNIT GROUP Meets Tuesdays & Fridays from 10:00 a.m.-12:00 N. Bring your yarn and needles and join them for critiques, instruction and inspiration.

MURFREESBORO DUPLICATE BRIDGE Meets Mondays & Fridays at 9:45 a.m. If you are interested in playing stop by and introduce yourself & find out more.

OPEN PLAY for Wii Bowling is in the lower dining room on Fridays at 1:00 p.m.

PARTY BRIDGE Meets Thursdays at

12:30 p.m. Stop by and introduce yourself for more information on this group.

PIANO FOR PLEASURE CLASSES Taught by Jane McNulty classes meet Tuesdays at 9:00 & 11:00 a.m. depending on level. This is an ongoing class for as long as you are interested in taking it. The monthly fee is \$50 per person per month.

POOL ROOM is open whenever the Center is open for free play. Pool Tournaments are held monthly for women, men and coed & require sign up prior to participating. Sign up sheets are in the pool room on the information board. Special tournaments are held at various times throughout the year. Check the monthly calendar for those.

PUZZLE ROOM: Not much explanation needed. Puzzles are available to work any time the Center is open.

QUILTING AT ST. CLAIR Meets Tuesdays & Thursdays from 10:00 a.m.-2:00 p.m. This talented group quilts masterpieces. Stop by the quilt room for more information on joining or having a piece quilted.

SATURDAYS ST. CLAIR is open from 12:30-3:30 p.m. While there are usually no structured activities the facility is available for: Pickup card games, the library, fitness room, walking trail & pool. Occasionally special events & activities are planned on Saturdays. Check the monthly calendar & the class/event & trip section for those activities.

SENIORS ACTING UP! Meets Thursdays at 1:00 p.m. Always wanted to act? Seniors Acting Up! is the Center's drama group. After picking and planning the show, the group rehearses, builds sets and hones their performances. The

shows are usually on Friday nights. If you are interested in joining please speak to Lisa Foster, Program Coordinator.

SENIOR ARTISTS Meet on Wednesdays at 12:00 n. Welcoming all artists of any medium who enjoy creating while socializing with others. Each person brings in a project, painting, etc. from home. They often critique each other, if asked, and have fun creating beautiful art. Bring in your project and see what "Senior Artists" is all about.

STAINED GLASS WITH FIONA Meets on Thursdays from 9:00 a.m.-12:00 noon. The instructor is Fiona Dowd whose degree is in Art. Class fee is \$30 per month. Some supplies are provided. Advanced projects may require additional purchases as requested by the instructor. Stained Glass is an ongoing class which means you may sign up and pay at any time prior to the 2:00 p.m. one day before the first class of the month deadline. Maximum class is 10 and minimum is 5. Class may be cancelled due to lack of students. A Beginning Stained Glass Class meets in August. See page 16 for more information.

ST. CLAIR SINGING SENIORS Meet Mondays at 1:00 p.m. Under the direction of Charlie Parker, our ensemble of vocally talented individuals rehearse and then perform in the community and at the Center throughout the year. If you are interested in joining please speak to Lisa Foster, Program Coordinator.

ST. ROSE BRIDGE Meets the 2nd Thursday at 9:00 a.m. Stop by and introduce yourself for more information on this group.

HAPPY CLOWNS OF ST. CLAIR *Clown Alley 402 registered with Clowns of America International*
Friday, August 12, 1:00 p.m. Class and Rehearsal.

Friday, August 26, 1:00 p.m. Clown Meeting/Rehearsal

Monday, August 29 Clowns to Morning Pointe in Tullahoma. Please arrive at the center by 8:45 a.m. Depart for Tullahoma at 9:15 a.m. Lunch at Sample Family Restaurant.

Want to spread joy to the world and be a clown? Join us at a meeting to find out what we are about.



AUGUST CALENDAR

MONDAY	TUESDAY	WEDNESDAY
1 10:00 a.m. Walk with Ease 1:00 p.m. St. Clair Singing Seniors	2 DEADLINE 08/05 PAINT WITH LIZ DEADLINE 08/08 WRITE NOW CLASS 9:00 a.m. Piano Group 1 10:00 a.m. Guitar 10:00 a.m. Quilting 10:00 a.m. Knit Group 11:00 a.m. Piano Group 2 12:00 n Crochet Group 12:30 p.m. CCRC Visitation 1:00 p.m. Spanish 1 1:00 p.m. National Senior League Wii Bowling	3 DEADLINE 08/10 QUILTING CLASS 10:00 a.m. Healing Arts Class 10:00 a.m. Walk with Ease 12:00 n Senior Artists 12:00 n Ceramics 1:00 p.m. Club Karaoke
8 DEADLINE 08/09 BEGINNING STAINED GLASS DEADLINE 08/15 POWERFUL TOOLS FOR CAREGIVERS 9:00 a.m. Coed Pool Tournament 10:00 a.m. Walk with Ease 10:00 a.m. FCE Better Living Group 10:00 a.m. In the Garden with Jack "Moles and Voles" 11:00 a.m. Adult Coloring Book Group 1:00 p.m. St. Clair Singing Seniors 1:30 p.m. Write Now! 4:30 p.m. Williamson County Fair Trip	9 DEADLINE 08/11 NASHVILLE SHAKESPEARE FESTIVAL 9:00 a.m. Piano Group 1 9:00 a.m. Beginning Stained Glass Class 9:00 a.m. Living Well with Chronic Conditions 10:00 a.m. Guitar 10:00 a.m. Quilting 10:00 a.m. Knit Group 11:00 a.m. Piano Group 2 12:00 n Crochet Group 12:30 p.m. CCRC Visitation 1:00 p.m. Spanish 1 1:00 p.m. National Senior League Wii Bowling 1:00 p.m. Pastel Portrait Drawing Class 5:00 p.m. Art and Soul Meditation Trip	10 8:30 a.m. RCCOA Board Meeting 9:00 a.m. Crafting with Susanne "Sea Shells & Sharpies" 9:30 a.m. Tennessee Technology Center Trip 10:00 a.m. Walk with Ease 10:00 a.m. Program Committee Meeting 12:00 n Senior Artists 12:00 n Ceramics 1:00 p.m. Club Karaoke 1:00 p.m. Piecing & Hand Quilting for Beginners
15 DEADLINE 08/17 TRAILBLAZERS TRIP 7:55 a.m. Harrah's Trip 9:00 a.m. Ladies Pool Tournament 10:00 a.m. Walk with Ease 1:00 p.m. St. Clair Singing Seniors 1:00 p.m. Marvelous Monday with Susanne "Painted Wine Glasses" 1:00 p.m. Powerful Tools for Caregivers 1:30 p.m. Write Now!	16 9:00 a.m. Piano Group 1 9:00 a.m. Men's Pool Tournament 9:00 a.m. Beginning Stained Glass Class 9:00 a.m. Living Well with Chronic Conditions 10:00 a.m. Guitar 10:00 a.m. Quilting 10:00 a.m. Knit Group 11:00 a.m. Piano Group 2 12:00 n Crochet Group 12:30 p.m. CCRC Visitation 12:30 p.m. SURPRISE 1:00 p.m. Spanish 1 1:00 p.m. National Senior League Wii Bowling 1:00 p.m. Pastel Portrait Drawing Class	17 DEADLINE 08/19 LOOKOUT WINERY TRIP 8:00 a.m. Trail Blazers to David Crockett State Park 10:00 a.m. Walk with Ease 12:00 n Senior Artists 12:00 n Ceramics 1:00 p.m. Club Karaoke 1:00 p.m. Piecing & Hand Quilting for Beginners
22 DEADLINE 08/24 ASK THE DOCTOR DEADLINE 08/24 & 25 MYSTERY LUNCHES DEADLINE 08/25 MIXED MEDIA CLASS DEADLINE 08/27 COOKING WITH CHEF RUSS 8:30 a.m. Center Commission Meeting 11:00 a.m. Adult Coloring Book Group 1:00 p.m. St. Clair Singing Seniors 1:00 p.m. Powerful Tools for Caregivers 1:30 p.m. Write Now!	23 9:00 a.m. Piano Group 1 9:00 a.m. Beginning Stained Glass Class 9:00 a.m. Living Well with Chronic Conditions 10:00 a.m. Guitar 10:00 a.m. Quilting 10:00 a.m. Knit Group 11:00 a.m. Piano Group 2 12:00 n Crochet Group 12:30 p.m. CCRC Visitation 1:00 p.m. Spanish 1 1:00 p.m. National Senior League Wii Bowling 1:00 p.m. Pastel Portrait Drawing Class 4:00 p.m. Wilson County State Fair Trip	24 DEADLINE 08/26 NASHVILLE SHORES 10:00 a.m. Ask the Doctor "Healthy Weight Loss" with Dr. Kimberly Shannon 11:00 a.m. Mystery Lunch 12:00 n Senior Artists 12:00 n Ceramics 1:00 p.m. Club Karaoke 1:00 p.m. Piecing & Hand Quilting for Beginners
29 DEADLINE 08/31 CRAFTING WITH SUSANNE DEADLINE 09/08 THE DRAWING BASICS DEADLINE 09/08 BELLY DANCING CLASS 9:15 a.m. Clowns to Morning Pointe Tullahoma 1:00 p.m. St. Clair Singing Seniors 1:00 p.m. Powerful Tools for Caregivers 1:30 p.m. Write Now!	30 9:00 a.m. Piano Group 1 9:00 a.m. Beginning Stained Glass Class 9:00 a.m. Living Well with Chronic Conditions 10:00 a.m. Guitar 10:00 a.m. Quilting 10:00 a.m. Knit Group 11:00 a.m. Piano Group 2 12:00 n Crochet Group 1:00 p.m. Spanish 1 1:00 p.m. National Senior League Wii Bowling 1:00 p.m. Pastel Portrait Drawing Class	31 9:00 a.m. Crafting with Susanne: Wind Chimes 12:00 n Senior Artists 12:00 n Ceramics 1:00 p.m. Club Karaoke 1:00 p.m. Piecing & Hand Quilting for Beginners

THURSDAY	FRIDAY	SATURDAY/SUNDAY
4 DEADLINE 08/06 MUSIC CITY BREWER'S FESTIVAL 9:00 a.m. Stained Glass Class 10:00 a.m. Understanding Long Term Care Insurance 10:00 a.m. Quilting 1:00 p.m. Music Jam Session 1:00 p.m. Seniors Acting Up 1:30 p.m. Trivia Group	5 DEADLINE 08/10 TN TECHNOLOGY FIELD TRIP DEADLINE 08/09 PASTEL PORTRAIT CLASS 9:00 a.m. Paint with Liz "Flowers in Vase" 10:00 a.m. Knit Group	6 11:00 a.m. Music City Brewer's Festival 12:30 p.m. Center Open 7
11 DEADLINE 08/13 TOMATO ARTS FESTIVAL DEADLINE 08/15 MARVELOUS MONDAY DEADLINE 08/20 BIG BAND DANCING TRIP 9:00 a.m. Stained Glass Class 10:00 a.m. Quilting 10:00 a.m. Let's Play Chess 1:00 p.m. Music Jam Session 1:00 p.m. Seniors Acting Up 1:30 p.m. Trivia Group 5:30 p.m. Nashville Shakespeare Festival presents "Macbeth" Trip	12 8:30 a.m. Rutherford Co. Farmer's Mkt Trip 9:00 a.m. AARP Board Meeting 10:00 a.m. Walk with Ease 10:00 a.m. AARP Meeting 10:00 a.m. Knit Group 12:00 n Share the Care Alzheimer's Support Group 1:00 p.m. Happy Clown Rehearsal LUAU DANCE TONIGHT! Doors Open at 6:00 p.m. Hors D'oeuvres at 6:30 p.m. Dance at 7:00 p.m. to music by Debi Bailes Band	13 9:00 a.m. 13 th Annual Tomato Arts Festival Trip 12:30 p.m. Center Open 14
18 8:30 a.m. Money Smart for Older Adults 9:00 a.m. Stained Glass Class 10:00 a.m. Quilting 10:00 a.m. Lunchtime Trivia 1:00 p.m. Music Jam Session 1:00 p.m. Seniors Acting Up 1:30 p.m. Trivia Group	19 DEADLINE 08/23 WILSON COUNTY FAIR 9:00 a.m. Fall Lawn Care Demonstration 10:00 a.m. Knit Group 10:00 a.m. Grief Relief Support Group 10:30 a.m. Lookout Winery Trip	20 12:30 p.m. Center Open 1:30 p.m. Parkinson's Support Group 6:00 p.m. Big Band Dancing at Centennial Park 21
25 DEADLINE 08/27 BEERSHEBA SPRINGS TRIP 9:00 a.m. Mixed Media: Pathway to Autumn 9:00 a.m. Stained Glass Class 10:00 a.m. Quilting 10:00 a.m. Let's Play Chess 11:00 a.m. Mystery Lunch 1:00 p.m. Music Jam Session 1:00 p.m. Seniors Acting Up 1:30 p.m. Trivia Group	26 8:30 a.m. Rutherford Co. Farmer's Mkt Trip 10:00 a.m. Knit Group 12:00 n Labor of Love Caregiver Support Group 1:00 p.m. Happy Clown Class 4:15 p.m. Nashville Shores Trip	27 10:00 a.m. Beersheba Springs Arts & Crafts Fair 12:30 p.m. Center Open 12:30 p.m. Cooking with Chef Russ "Mediterranean Appetizers" 28
Coming Soon! FRIDAY, SEPTEMBER 30 DANCE Music by Uptown Country at 7:00 p.m. Doors open at 6:30 p.m. \$5 at the door		

HEALTH & FITNESS

MONDAYS	TUESDAYS	WEDNESDAYS
<div>EXERCISE ROOM</div> <div>8:15 a.m. Fit with Mark</div> <div>9:15 a.m. Zumba® Gold</div> <div>10:30 a.m. Beginning Tap</div> <div>11:20 a.m. Intermediate Tap</div> <div>12:30-4:15 p.m. Open Gym</div> <div>LOWER DINING ROOM</div> <div>9:00 a.m. Yoga with Dot</div> <div>10:30 a.m. Yoga with Dot</div> <div>NURSE STATION</div> <div>9:30 a.m. Blood Pressure Clinic</div>	<div>EXERCISE ROOM</div> <div>8:30 a.m. Core Strength: Intermediate</div> <div>8:45 a.m. Senior Strength: Intermediate</div> <div>9:30 a.m. Dancercise: Advanced</div> <div>10:25 a.m. Core Strength: Beginning</div> <div>10:40 a.m. Senior Strength: Beginning</div> <div>12:00 n Tai Chi Class</div> <div>1:00 p.m. GO4Life</div> <div>2:00-4:15 p.m. Open Gym</div> <div>LOWER DINING ROOM</div> <div>8:30 a.m. Zumba® Gold Toning</div> <div>9:30 a.m. Line Dance Practice/Delia</div> <div>UPPER DINING ROOM</div> <div>1:15 p.m. Intermediate Line Dance with Tom</div> <div>3:15 p.m. Ballroom Dance Class</div>	<div>EXERCISE ROOM</div> <div>8:15 a.m. Fit with Mark</div> <div>9:15 a.m. GO4Life</div> <div>11:30 a.m.-4:15 p.m. Open Gym</div> <div>LOWER DINING ROOM</div> <div>9:00 a.m. Yoga with Dot</div> <div>10:30 a.m. Yoga with Dot</div> <div>UPPER DINING ROOM</div> <div>2:00 p.m. Beginner/Intermediate Line Dance</div> <div>Check bulletin board behind the reception desk for any daily changes!</div>
THURSDAYS	FRIDAYS	SATURDAYS
<div>EXERCISE ROOM</div> <div>8:30 a.m. Core Strength: Intermediate</div> <div>8:45 a.m. Senior Strength: Intermediate</div> <div>9:30 a.m. Dancercise: Advanced</div> <div>10:25 a.m. Core Strength: Beginning</div> <div>10:40 a.m. Senior Strength: Beginning</div> <div>12:00 n Tai Chi Class</div> <div>1:00 p.m. GO4Life</div> <div>2:00-4:15 p.m. Open Gym</div> <div>LOWER DINING ROOM</div> <div>8:30 a.m. Zumba® Gold Toning</div> <div>9:30 a.m. Line Dance Practice/Delia</div>	<div>EXERCISE ROOM</div> <div>8:15 a.m. Gentle Fitness with Mark</div> <div>9:15 a.m. GO4Life</div> <div>11:30 a.m.-4:15 p.m. Open Gym</div> <div>LOWER DINING ROOM</div> <div>9:00 a.m. Yoga with Dot</div> <div>10:30 a.m. Yoga with Dot</div> <div>A description of fitness classes may be obtained from the display case behind the reception desk.</div> <div>Some of the exercise programs may include activities that require extra strength or endurance. Before you begin ANY exercise program, be sure and check with your personal physician and see if you are healthy enough to exercise.</div> <div>If you have any questions about any of our fitness programs, please be sure to talk with the instructor. We care about your safety, health and wellness!</div>	<div>Classes/Programs with a monthly fee are GREEN.</div> <div>Classes/Programs are NOT prorated.</div> <div>Classes/Programs with a NO fee are BLUE.</div> <div>Classes with a fee are not prorated. You pay for them at the beginning of the month for that month's class, unless otherwise noted.</div> <div>The fitness equipment (treadmill, recumbent bike, weight machine) is available to use whenever a class is not in the exercise room. Please check the schedule for any changes that may occur on a daily/weekly basis.</div> <div>CLASS FEES</div> <div>Yoga: \$15 per month</div> <div>Zumba® Gold: \$10 per month</div> <div>Zumba® Gold Toning: \$15 per month</div> <div>Zumba® Combo: \$20 per month</div> <div>Beginning Tap: \$15 per month</div> <div>Intermediate Tap: \$15 per month</div> <div>Tai Chi: \$15 per month</div> <div>Ballroom Dance: \$15 per month</div> <div>Gentle Fitness with Mark: \$10 per month</div>

PROGRAMMING

The following list contains classes and events with **NO FEES**. You may make a reservation for them by calling 848-2550 or in person at the reception desk.

WEDNESDAY AUGUST 3 10:00-11:30 a.m.	HEALING ARTS Vivid Classic Creations presents a relaxing art exercise for any artistic ability through meditative arts. Individuals learn techniques to deal with anxiety, grief and mental health issues such as depression and Alzheimer's like dementia.	Limit 10 No Deadline
THURSDAY AUGUST 4 10:00-11:30 a.m.	UNDERSTANDING LONG TERM CARE INSURANCE Kevin Fehr, Certified Senior Advisor, will present information about long term care insurance.	Limit 50 No Deadline
MONDAY AUGUST 8 10:00-11:15 a.m.	IN THE GARDEN WITH JACK "MOLES AND VOLES" What is a ground mole and what is a vole? Have you ever seen one? What will they do to my garden and yard? How do I deter them or get rid of them? Taught by Jack Smith, Master Gardener.	Limit 40 No Deadline
MONDAY AUGUST 8 & 22 11:00 a.m.-3:00 p.m.	ADULT COLORING BOOK GROUP Get together with like minded folks and bring in a sack lunch and your coloring book. Stay for awhile or all afternoon. Books are available at most retail stores. We have some colored pencils, but bring yours as well.	Limit 12 No Deadline
THURSDAYS AUGUST 11 & 25 10:00 a.m.-2:00 p.m.	LET'S PLAY CHESS Interested in playing Chess with like-minded folks? Please sign up to make your reservation to play. We will meet in the computer lab at 10:00 a.m. and get paired up. If you have a chess board and pieces to use, please bring them. End time depends on game play. All games must complete.	Limit 6 No Deadline
MONDAY AUGUST 15 1:00-4:00 p.m.	MARVELOUS MONDAY WITH SUSANNE "PAINTED WINE GLASSES" Come and paint beautiful wine glasses for you and a friend.	Limit 15 Deadline 08/11
THURSDAY AUGUST 18 8:30-11:30 a.m.	MONEY SMART FOR OLDER ADULTS Laura Brown with Tennessee Commission on Aging and Disability will teach Money Smart for Older Adults, a class designed to prevent financial exploitation.	Limit 50 No Deadline
FRIDAY AUGUST 19 9:00-10:30 a.m.	FALL LAWN CARE DEMONSTRATION Preparation for lawn care for renovation of cool season long grasses. See an actual demonstration of different lawn machines such as an aerator and dethatcher on our lawn. Demonstration is by Mitchell Mote, UT Extension Agent III. Come on out and see what he has to show us. Rain or shine.	No Limit No Deadline
WEDNESDAY AUGUST 24 10:00-11:30 a.m.	ASK THE DOCTOR "HEALTHY WEIGHT LOSS" Dr. Kimberly Shannon will speak on how to lose and manage your weight in healthy ways. Learn how nutrition, exercise, and counseling can bring about positive changes in your life.	Limit 40 Deadline 08/22
TUESDAY SEPTEMBER 6 9:00-10:30 a.m.	RESEARCHING AFRICAN-AMERICAN HISTORY John Lodi, Director of the Rutherford County Archives presents: "Researching African-American History and stories from the Rutherford County Archive." Everyone is invited to attend this interesting seminar.	Limit 50 No Deadline
MONDAY SEPTEMBER 12 10:00-11:15 a.m.	IN THE GARDEN WITH JACK "32 EASY IDEAS FOR SHADE GARDENS" Dark shadows do not mean that your gardening days are doomed. Learn some of the easy shade solutions that can turn your shady yard into the colorful retreat you've always wanted. Taught by Jack Smith, Master Gardener.	Limit 40 No Deadline

STOP AND READ THIS! The following classes require payment at registration. Registration for the following classes must be handled in person at the reception desk of the Senior Center. **Payment is accepted via check or cash only.** Thanks!

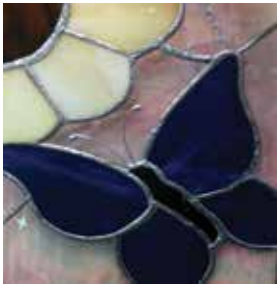
FRIDAY AUGUST 5 9:00-11:00 a.m.	PAINTING WITH LIZ "Flowers in a Vase" Newcomers are welcome! All supplies provided. Liz Farar teaches you how to oil paint a nice picture. You will take home a completed work of art at the end of this class.	CLASS FEE \$20 Min 5/Max 12 Deadline 08/02 See picture to the right.
--	---	--



PROGRAMMING

STOP AND READ THIS! The following classes require payment at registration. Registration for the following classes must be handled in person at the reception desk of the Senior Center. **Payment is accepted via check or cash only.** Thanks!

MONDAYS IN AUGUST 1:30-3:00 p.m.	WRITE NOW! Everyone has a story! If you are interested in putting your stories into words, this is the class for you! Write Now! is an informal memoir/creative writing class designed to inspire and equip aspiring writers with the tools needed to create provocative, well-written stories. Class meets August 8, 15, 22 & 29.	CLASS FEE \$20 Min 8/Max 15 Deadline 08/02
TUESDAYS IN AUGUST 9:00 a.m.-12:00 n.	BEGINNING STAINED GLASS CLASS If you have never tried stained glass class, August is the time for you to dive into it. Make a fun project that will be finished by the end of the month. Instructor, Fiona Dowd, has her degree in art from the National College of Art & Design in Dublin, Ireland. Class meets August 9, 16, 23 & 30.	CLASS FEE \$30 Min 5/Max 12 Deadline 08/08 See sample project at right. Other options available.
TUESDAYS IN AUGUST 1:00-4:00 p.m.	PASTEL PORTRAIT DRAWING CLASS Beginners are welcome! Cost covers 4-weeks of instruction by Fiona Dowd. Bring the following supplies to class with you. Chalk pastels (a box with suitable colors for portraits), a 2B pencil, a kneaded eraser, wet wipes, a photo to draw from. Suggested paper: 300 lb./640 gsm Arches watercolor paper, single sheet, natural white, 22 x 30". Experience in pastels is helpful.	CLASS FEE \$30 Min 3/Max 8 Deadline 08/05
WEDNESDAY AUGUST 10 9:00-11:00 a.m.	CRAFTING WITH SUSANNE: SEAS SHELLS & SHARPIES Bring a few special shells or we will have a few for you to decorate with sharpie pens.	CLASS FEE \$5 Min 5/Max 10 Deadline 08/10
WEDNESDAYS IN AUGUST 1:00-3:00 p.m.	PIECING AND HAND QUILTING CLASS FOR BEGINNERS Get some hands on experience in quilting! This hand quilting class teaches the basics of quilting to the beginning student. There will be four 2-hour session. The students will work on a small quilt project. On the first day of class, you will be given a supply list for the next class. Students will make a different pattern than in the first beginner's class. Instructor is Rosemary Sadler and volunteers Judy Merrill and Diane Parker. See pictures below of previous class projects. Prior students are welcome.	CLASS FEE \$20 Min 4/Max 8 Deadline 08/03



Piecing & Hand Quilting Class for Beginners






This class was taught by
Rosemary Sadler
and volunteers
Judy Merrill and Diane Parker.

Everyone enjoyed the first class that was
held in April of this year.









MORE PROGRAMS

STOP AND READ THIS! The following classes require payment at registration. Registration for the following classes must be handled in person at the reception desk of the Senior Center. **Payment is accepted via check or cash only.** Thanks!

THURSDAY AUGUST 25 9:00 a.m.-3:00 p.m.	MIXED MEDIA WITH KAREN BRACKMAN "Pathway to Autumn" Bring an 11 x 14" stretched gray linen canvas, water soluble oils in colors of blues, navies, rust violet, oranges, Naples yellow, browns and other Autumn colors. Karen Brackman is the instructor. Signature mats can be purchased at hobby stores and big box discount stores.		CLASS FEE \$15 Min 5/Max 12 Deadline 08/22
SATURDAY AUGUST 27 12:30-2:30 p.m.	COOKING WITH CHEF RUSS Enjoy the summer with delicious Mediterranean appetizers. Chef Russ teaches us how to make them healthier.		CLASS FEE \$15 Min 10/Max 25 Deadline 08/22
WEDNESDAY AUGUST 31 9:00-11:00 a.m.	CRAFTING WITH SUSANNE: WIND CHIMES Bring a few of your favorite large beads or use some of ours to combine with painted mason jar rings to make a whimsically musical wind chime.		CLASS FEE \$5 Min 5/Max 10 Deadline 08/29
TUESDAYS IN SEPTEMBER 1:00-4:00 p.m.	PASTEL PORTRAIT DRAWING CLASS MEETS 09/6, 13, 20 & 27 Beginners are welcome! Cost covers 4-weeks of instruction by Fiona Dowd. Bring the following supplies to class with you. Chalk pastels (a box with suitable colors for portraits), a 2B pencil, a kneaded eraser, wet wipes, a photo to draw from. Suggested paper: 300 lb./640 gsm Arches watercolor paper, single sheet, natural white, 22 x 30". Experience in pastels is helpful.		CLASS FEE \$30 Min 3/Max 8 Deadline 08/05
WEDNESDAY SEPTEMBER 7 9:00-11:00 a.m.	CRAFTING WITH SUSANNE: FALL FOIL PAINTING Make a Fall painting using foil and your imagination on a canvas panel. No painting experience necessary. This is a fun project to get you in the mood for Fall.		CLASS FEE \$5 Min 5/Max 10 Deadline 09/05
THURSDAYS IN SEPTEMBER 1:00-2:00 p.m.	THE DRAWING BASICS Emphasis this month is "line." Beginner level drawing class that teaches you the importance of several types of lines in drawing. Each month has a different focus. We welcome Patricia Tenpenny who has an Art Degree from Louisiana State University. Class meets 09/08, 15, 22 & 29.		CLASS FEE \$20 Min 5/Max 12 Deadline 08/29
THURSDAYS IN SEPTEMBER 2:15-3:15 p.m.	BELLY DANCING CLASS "DANSE ORIENTALE" Get a unique and fun aerobic workout while learning the ancient art of Belly Dancing. You will also gently massage the joints and organs with the slow flowing movements that come naturally to the female form. This class is suitable for all levels of fitness and dance ability. Option: Bring a hip scarf or coin belt. Class meets: 09/8, 15, 22 & 29.		CLASS FEE \$15 Min 5/Max 25 Deadline 08/29
MONDAYS IN SEPTEMBER 1:30-3:00 p.m.	WRITE NOW! Everyone has a story! If you are interested in putting your stories into word, this is the class for you! Write Now! is an informal memoir/creative writing class designed to inspire and equip aspiring writers with the tools needed to create provocative, well-written stories. Class meets 09/12, 19, 26 & 10/3.		CLASS FEE \$20 Min 8/Max 15 Deadline 09/08
THURSDAY SEPTEMBER 15 1:00-3:00 p.m.	THREE PROJECTS WITH PAPER MAGIC WITH JEAN JACKPOT! Three projects today. . . make a journal book, some greeting cards and a keepsake gift box to give or keep for your own special keepsakes. Jean Heid is the instructor.		CLASS FEE \$10 Min 5/Max 10 Deadline 09/13
WEDNESDAY SEPTEMBER 21 9:00-11:00 a.m.	CRAFTING WITH SUSANNE: CANDY CORN-O-COPIA Make a Candy Corn-O-Copia floral arrangement that includes the real deal. Bring some artificial fall flowers or use some of ours. It's pretty enough to snack on and you can.		CLASS FEE \$5 Min 5/Max 10 Deadline 09/19









TRIPS

STOP AND READ THIS! The following trips require payment at registration. Registration for the following trips must be handled in person at the reception desk of the Senior Center. Payment is accepted via check or cash only. Please note deadlines, participant limits and any cost involved. If a trip is sold out, please ask to put your name on the wait list in case of a cancellation. Thanks! You may sign up for these trips now! Please arrive for trips 30 minutes before departure time.

SATURDAY AUGUST 6 11:00 a.m. 5:00 p.m. Deadline: 08/04	MUSIC CITY BREWER'S FESTIVAL, NASHVILLE, TN The MAFIAoZA's Music City Brewer's Fest features one of the widest variety of brews. Sample some of the most respected brews from over 50 local, regional, national and imported breweries! Now in its 15th year MAFIAoZA's Music City Brewer's Fest has been named one of the top 8 summer beer festivals by GAC. The festival will take place at the Music City Walk of Fame. Bring \$54 for admission and money for food, etc.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$\$ 
MONDAY AUGUST 8 4:30 p.m. 10:45 p.m. Deadline: 08/08	ELVIS PRESLEY IS COMING TO THE WILLIAMSON COUNTY FAIR! Elvis Presley Enterprises Ultimate Elvis Tribute Artist Contest winners, Shawn Klush and Cody Ray Slaughter. You will be treated to two performances, with a first class tribute to the King of Rock and Roll, and you'll be amazed by what you see and hear! Also, enjoy great acts such as Lady Houdini, BMX Pros trick team, The Tangled Threads show, Fire-works, Chainsaw artists and more! Bring \$7 for admission.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$\$ 
WEDNESDAY AUGUST 10 9:30 a.m. Until done Deadline: 08/05	TENNESSEE TECHNOLOGY CENTER FIELD TRIP This trip is for nonmedical foot care, manicures, hair wash and style or haircuts. An annual fee of \$5 is due your first trip. Each service is \$5. We leave the center at 9:30 a.m. Be here at 9:00 a.m. If you want to go on your own or on a different day, call 615-898-8010 ext. 118 to make an appointment. If you want more than two services done you must go on your own.	BRING \$ TRANSPORTATION \$0 Limit 10 COST: \$ 
THURSDAY AUGUST 11 5:30 p.m. 10:30 p.m. Deadline: 08/09	NASHVILLE SHAKESPEARE FESTIVAL PRESENTS MACBETH Performed by the Nashville Shakespeare Festival Apprentice Company, Macbeth is something wicked and wild. Set here and now, Shakespeare's bloody tragedy takes on new levels of horror as Macbeth and the audience are caught in the spell of the three weird sisters and the witchy Queen Hecate. Bring a folding chair or blanket. Bring \$10 for admission and money for food. Bring a folding chair to sit in.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
FRIDAY AUGUST 12 8:30 a.m. 10:00 a.m. Deadline: 08/11	FARMERS MARKET The Rutherford county Farmers' Market is a Producer-Only Farmers Market that accepts credit, debit, and EBT payments. Market vendors hail from over 20 Middle TN counties and sell a wide variety of seasonal fruits and vegetables, meats, eggs, baked and canned etc... This is a free trip provided for the promotion of your health! Bring money for purchases.	BRING \$ TRANSPORTATION \$0 Limit 14 COST: \$ 
SATURDAY AUGUST 13 9:00 a.m. 3:00 p.m. Deadline: 08/11	13TH ANNUAL TOMATO ARTS FESTIVAL The 13th Annual Tomato Art Fest returns to the Five Points area of East Nashville on Saturday, August 13. This is easily one of Nashville's most popular FREE festivals, attracting over 60,000 people last year. Located in Historic East Nashville's Five Points, which has been coined by Budget Travel Magazine as "Nashville's version of New York's East Village," this FREE, costume-friendly event provides a fun-filled day. Bring money for food and fun.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
MONDAY AUGUST 15 7:55 a.m. 8:30 p.m. Deadline: 08/12	HARRAH'S WORLD FAMOUS GAMING Leaving from city parking garage: Enjoy hot, Las Vegas-style gaming at Harrah's Metropolis. Harrah's bright and inviting 36,000 square-foot casino offers you ways to win beyond your wildest dreams with over 1,100 of the hottest slot machines and 28 of your favorite table games. Reel Slots – FREE BUFFET and FREE \$5.00 in PLAY!!!	ADMISSION \$5 TRANSPORTATION \$0 Limit 52 COST: \$ 
WEDNESDAY AUGUST 17 8:00 a.m. 5:00 p.m. Deadline: 08/15	TRAIL BLAZERS DAVID CROCKETT STATE PARK David Crockett was a pioneer, soldier, politician and industrialist. The 1,100 acre park dedicated on his former farm has a museum with exhibits depicting Crockett's life here and a water-powered grist mill. There are paved bike trails and more than six miles of hiking trails. The trails offer scenic vistas of Shoal Creek and Crockett Falls, limestone bluffs, abundant wildlife and serene forest. Bring money for food, etc.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 

TRIPS

STOP AND READ THIS! The following trips require payment at registration. Registration for the following trips must be handled in person at the reception desk of the Senior Center. Payment is accepted via check or cash only. Please note deadlines, participant limits and any cost involved. If a trip is sold out, please ask to put your name on the wait list in case of a cancellation. Thanks! You may sign up for these trips now! Please arrive for trips 30 minutes before departure time.

FRIDAY AUGUST 19 10:30 a.m. 4:30 p.m. Deadline: 08/17	LOOKOUT WINERY Lookout Winery creates lasting memories with every bite of our wood fired pizza and every sip of their hand crafted wines -all while enjoying the best views the Tennessee River can offer. They are sure your experience at the winery will become a special moment for you to remember for the rest of your life! This is a great place to go to and relax on the river and next to the vines. Bring money for drinks and food.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
SATURDAY AUGUST 20 6:00 p.m. 11:00 p.m. Deadline: 08/11	BIG BAND DANCING AT CENTENNIAL PARK Swing the night away with The Establishment band at Centennial Park. This year marks the 33rd anniversary of Big Band Dances in Metro Parks. Spend this Saturday night dancing and listening to live big band music played by some of Nashville's finest musicians. Bring a lawn chair and a blanket and come hungry. Proceeds from the food truck sales go to support the event. Don't know how to dance? No problem. There are two free group dance lessons sponsored by Dance World held from 7:00 to 7:30 p.m. and again from 8:30 to 8:50 PM. Bring money for food, etc.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
TUESDAY AUGUST 23 4:00 p.m. 10:00 p.m. Deadline: 08/19	WILSON COUNTY FAIR Oakridge Boys Live! Tennessee's largest fair, the Wilson County Fair, features rides and games, exhibits, delicious food, contests, Demolition Derby, Tractor and Truck pulls, lawn mower racing and various fun events. And the Oakridge Boys will be performing this night as well. Bring \$8 for admission and money for food and fun!	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
WEDNESDAY AUGUST 24 11:00 a.m. 3:00 p.m. Deadline: 08/22	MYSTERY LUNCH Bring money for food.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$ 
THURSDAY AUGUST 25 11:00 a.m. 3:00 p.m. Deadline: 08/22	MYSTERY LUNCH Bring money for food.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$ 
FRIDAY AUGUST 26 8:30 a.m. 10:00 a.m. Deadline: 08/25	FARMERS MARKET The Rutherford county Farmers' Market is a Producer-Only Farmers Market that accepts credit, debit, and EBT payments. Market vendors hail from over 20 Middle TN counties and sell a wide variety of seasonal fruits and vegetables, meats, eggs, baked and canned etc... This is a free trip provided for the promotion of your health! Bring money for purchases.	BRING \$ TRANSPORTATION \$0 Limit 14 COST: \$ 
FRIDAY AUGUST 26 4:15 p.m. 9:45 p.m. Deadline: 08/24	NASHVILLE SHORES Nashville Shores Waterpark features more than 1 million gallons of summer fun. You can soak in the sun on the beach or experience an unforgettable adventure on Big Kahuna hovering 6 stories above the ground. Ride the waves in the Wave Pool. Plunge down a waterslide or relax as you leisurely drift on the lazy river. This is all day fun for everyone! Don't forget the sunscreen! Bring money \$29 for admission and money for food, drinks and lockers.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$\$\$ 
SATURDAY AUGUST 27 10:00 a.m. 4:30 p.m. Deadline: 08/25	BEERSHEBA SPRINGS ART & CRAFT FAIR Join over 100 skilled artisans in craft and art from the South in this former mountain bluff resort town as they celebrate Beersheba Springs during the 50th annual Art and Craft Fair. Many food vendors will have their goods on display throughout the event area. This is a free event. Bring money for food and shopping.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 

See next page for more travel information.

TRIP INFORMATION



REMEMBER NEW DAY TRIP
PARKING BEGINS IN AUGUST

Starting in August all trips leaving
Monday-Friday from 8:00 a.m.-4:30 p.m.
will leave from

New Vision Baptist Church Parking Lot
1750 N Thompson Ln.,
Murfreesboro, TN 37129

NOTE: If you carpool, taxi, Uber or live at Westbrooks Towers you do not have to meet at New Vision Baptist for day trips. You will leave from St. Clair. Let us know at sign up.

- Also, please remember that we strive to return from trips on time, if not early. However, there can always be unknown delays that are unforeseen that may cause a trip to return later than expected.



Pictured above are snap shots from some of our fun day trips this summer! Be sure to join us on one or two, or more!

2017 Premier Trips Preview

PANAMA CANAL January 6, 2017 14 Day excursion \$2,699.00 per person double occupancy	CALIFORNIA RAIL DISCOVERY Departs May 3, 2017 7 day excursion \$2,595.00 per person double occupancy	NOVA SCOTIA Departs July 12, 2017 9 Day excursion \$2,895.00 per person double occupancy	ALBUQUERQUE BALLOON FESTIVAL October 13, 2017 6 Day excursion \$2,145.00 per person double occupancy
--	--	--	--

Stop by and see Drew Anderson in the Welcome Center for more information about these trips.

PLACES TO GO

ST. CLAIR STREET SENIOR CENTER PRESENTS
Myrtle Beach Holiday Show Trip & Charleston, SC

INCREDIBLE PRICE INCLUDES:

- Motorcoach transportation
- 8 nights lodging including 4 consecutive nights in the Myrtle Beach area
- 10 meals: 8 breakfasts and 2 dinners
- Three Evening Shows: **LEGENDS IN CONCERT'S CHRISTMAS SHOW**, **CAROLINA OPEY CHRISTMAS SPECIAL**, & **ALABAMA THEATRE'S CHRISTMAS SHOW**
- One Evening Show: **CHRISTMAS WONDERLAND** at the Palace Theatre
- Guided Tour of Charleston, SC
- Visit to **BROADWAY AT THE BEACH**
- Admission to amazing **BROOKGREEN GARDENS**
- For more pictures, video and information visit: www.dreamtrips.com/SCCMB16

\$679 *

7 DAYS 6 NIGHTS
PER PERSON, DOUBLE OCCUPANCY
(Sun - Sat)
Nov 27 - Dec 3
2016

Departure: City Garage, 111 W Vine, Murfreesboro, TN @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: beautiful Myrtle Beach! Tonight, check into an en route hotel for a good night's rest.

Day 2: Today after enjoying a Continental Breakfast, you will continue towards your destination. Tonight, you'll enjoy Dinner before checking into your Myrtle Beach area hotel for a four night stay.

Day 3: Start your day with a Continental Breakfast before departing to see the **CHRISTMAS WONDERLAND SHOW** at the Palace Theatre. Delightful and enchanting, this celebration features glittering costumes, gorgeous Christmas songs, and the highest kicking chorus girls this side of the North Pole. Then you'll visit **BROADWAY AT THE BEACH**, an exciting shopping, dining and entertainment complex. Later, you'll enjoy Dinner at a local restaurant before going to the fabulous **CAROLINA OPEY CHRISTMAS SPECIAL**. The theater is transformed into a winter wonderland where the magic of the season comes alive. This is a sentimental musical celebration of America's best loved holiday.

Day 4: Enjoy a Continental Breakfast before departing for historic Charleston, South Carolina. Upon arrival, explore Charleston Market and enjoy lunch on your own. Then you will experience a guided tour of Charleston, followed by free time to explore this charming city. Then, depart for Dinner at a local Myrtle Beach-area restaurant before seeing the **LEGENDS IN CONCERT** Show in their all-new, state-of-the-art theater. This production features a line of tributes to today and yesterday's greatest musical legends all backed by a live band and electrifying dancers.

Day 5: Enjoy a Continental Breakfast before brightening your morning with a visit to amazing **BROOKGREEN GARDENS**. One of America's premier gardens for 85 years, each season new exhibitions and special events make Brookgreen Gardens ever-changing and simply amazing. Afterwards, you will go to the Myrtle Beach Boardwalk. Later, you'll enjoy a Dinner at a local restaurant before seeing **THE CHRISTMAS SHOW** at the **ALABAMA THEATRE**.

Day 6: Enjoy a Continental Breakfast before leaving for the South Carolina State Museum in Columbia, SC. This evening, relax at your en route hotel.

Day 7: Today, after enjoying a Continental Breakfast, you depart for home... a perfect time to chat with your friends about all the fun things you've done, the great shows you've seen and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...
 With Diamond Tour Exclusive Travel Confidence: Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details.

175 Due Upon Signing. *Price per person, based on double occupancy. Add \$180 for single occupancy. Final Payment Due: 9/30/2016

FOR INFORMATION & RESERVATIONS CONTACT:
St. Clair Street Senior Center @
(615) 848-9550

Diamond Tour
 Bringing Group Travel to a Higher Standard

Form ID: 3100-7A0906 WM Tour#: 1195065

PREMIER WORLD DISCOVERY

Average Cost 8,000 Per Person

South Africa
 featuring Zambia & Victoria Falls

12 Days 2018

Highlights

- South Africa & Zambia
- Victoria Falls
- Cape Town City Tour
- Kruger National Park
- Three Game Drives/Safaris
- Table Mountain Gondola Ride
- Wine Country & Tasting
- Cape of Good Hope
- Kirstenbosch Botanical Gardens
- Professional Safari Rangers
- South African Museum
- Zambezi River Cruise
- Open Air Boma Dinner

Inclusions

- Roundtrip Airfare
- Int'l Air Departure Taxes/Fuel Surcharges
- 19 Meals: 8-Breakfasts, 4-Lunches, 7-Dinners
- Inner Tour Flights
- Local Trip Expert/Guide
- Professional Tour Director
- Motorcoach Transportation
- Admissions per Itinerary
- Comprehensive Sightseeing
- Baggage Handling

Booking Discount - Save \$400 per couple!

Tour Rates

Contact Information
 Premier World Discovery • Attn: Group Leader
 2615 - 150th Street, Suite 200 • Redondo Beach, CA 90278
 877.953.8687
info@premierworlddiscovery.com Booking #1840

PREMIER WORLD DISCOVERY

Panama Canal Cruise
 featuring 14 Nights aboard the Norwegian Jewel

15 Days/14 Nights January 6, 2017

Cruise Includes

- Roundtrip Airfare - BNA
- 14 Night Cruise on the Norwegian Jewel
- All Port Charges
- Government Taxes
- All Meals Onboard Ship
- Ship Transfers
- Baggage Handling

About the Norwegian Jewel

- Freestyle Dining - 13 Dining Options
- 10 Bars & Lounges
- Jewel Club Casino
- Stardust Theatre
- Jogging/Walking Track
- Sports Court
- Spa & Fitness Center
- Swimming Pools & Hot Tubs
- Statistics:
- Gross Tonnage: 93,502
- Guests: 2,376 (dbl occ)
- Length: 965 feet
- Cruise Speed: 22.5 knots

Cruise Rates

- Inside Stateroom - Category III
- \$2699 per per/double
- \$700 single supplement
- Ocean View Staterooms - Category Df
- \$3199 per per/double
- \$1000 single supplement
- Ocean View with Balcony - Category BA
- \$3899 per per/double
- \$1600 single supplement

Contact Information
 St. Clair Street Senior Center • Attn: Drew Anderson
 125 St. Clair Street • Murfreesboro, TN 37130
 615.848.2550 ext 2519
 Fax: 615.904.6511 Booking #109310

PREMIER WORLD DISCOVERY

Coming In 2019
Average Cost 8,000 Per Person

Best of Australia & New Zealand

16 Days 2019

Highlights

- Cairns - 3 Night Stay
- Catamaran Cruise to Great Barrier Reef
- Great Barrier Reef
- Sydney - 3 Night Stay
- Sydney Opera House Tour
- Sydney Wildlife World
- Sydney Harbor Dinner Cruise
- Canberra City Tour
- Aussie Sheep Station & BBQ Lunch
- Melbourne City Tour
- New Zealand's North & South Islands
- Christchurch & Queenstown
- Rotorua
- Maori Village & Thermal Reserve
- Rainbow Springs Nature Park
- Maori Hangi Feast
- Waiotomo Glow Worm Caves
- Auckland

Inclusions

- Roundtrip Airfare
- Int'l Air Departure Taxes/Fuel Surcharges
- 4 Inner-Tour Flights
- 22 Meals (12-B, 1-CB 2-L, 7-D)
- Professional Tour Director
- 13 Nights First Class Hotels
- Motorcoach Transportation
- Admissions & Sightseeing per Itinerary
- Hotel Transfers
- Baggage Handling

Booking Discount - Save \$400 per couple!

Tour Rates

Contact Information
 Premier World Discovery • Attn: Group Leader
 2615 - 150th Street, Suite 200 • Redondo Beach, CA 90278
 877.953.8687
info@premierworlddiscovery.com Booking #1840

COMING SOON!

CALL FOR ARTISTS



Our Senior Center Art Show is scheduled for Thursday September 1st and Friday September 2nd. We would love for you to display your art in the show. All forms of art are acceptable. To keep the show fresh, do not bring previously shown art. No selling is allowed, however, you may leave your business card for visitors to take and contact you.

Each artist is given ONE 6' long or 5' round table. Some easels are available upon request. You must sign up with Program Coordinators Brenda Elliott or Lisa Foster by August 25 to be in the show and to reserve easels. Artist name tags will be created by staff. Set up is Wednesday August 30 from 1:00-3:00 p.m. Do not come into the room until that time as vol-

unteers are setting up the room for your art to be displayed.

SEPTEMBER 1ST & 2ND ART SHOW & MEET THE ARTISTS

If you have never visited our Center Art Show before, you are in for a real treat! This year you can "Meet the Artists" from 9:00-11:00 a.m. on Thursday September 1st. This is your chance to see the great minds behind the beautiful work on display. The Art Show will run Thursday and Friday, September 1-2 from 9:00 a.m. until 3:00 p.m. each day. If you want to display your work, reserve your spot with Brenda Elliott.



NEW DRAWING BASICS CLASS &

"DANSE ORIENTALE" BELLY DANCING CLASS

This beginner level Drawing Basics Class is Thursdays on September 8, 15, 22 & 29, 1:00-2:00 p.m. Class fee is \$20 for the month & includes all supplies. You will learn the importance and types of "lines" in drawing this month. Each month focuses on a different aspect of drawing. Deadline to sign up is August 30. See picture on page 17.

Want to get a unique and fun aerobic workout while learning the ancient art of **Belly Dancing**? It gently massages the joints and organs with the slow flowing movements. Class meets Thursdays on September 8, 15, 22 & 29 from 2:15-3:15 p.m. and is suitable for all levels of fitness and dance ability. Wear light weight clothing and may (optional) bring a hip scarf or coin belt. Patricia Tenpenny teaches both classes and has an Art Degree from Louisiana State University.

BEGINNING STAINED GLASS CLASS

If you have never tried stained glass class, August is the time for you to dive into it! Instructor Fiona Dowd has her degree in art from the National College of Art and Design in Dublin, Ireland. Class meets Tuesdays, August 9, 16, 23 & 30, 9:00 a.m.-12:00 p.m. The fee is \$30 for the month and everything is supplied. Students will make a sun catcher of your choice. Students from previous classes will meet on Thursdays for your own individual creations from 9:00 a.m.-12:00 p.m. Minimum class is 5 and maximum of 12 for the classes. See picture on page 16.

September 16, 17 & 23 2016

The Golden HUMMING BIRD

Tickets now on SALE

\$5.00 Including Meal

Show Information
Friday Sept. 16 & 23
Meal at 5:00 PM Show at 6:00 PM
Saturday Sept. 17
Meal at 12 Noon Show at 1:00 PM

A mystery written and directed by Charlie Parker
Produced by St. Clair Seniors Acting-Up

AROUND THE CENTER

“The Gardener’s Corner”

By Jack Smith, Certified Master Gardener

Now is the time of year when it is hot and dry in Murfreesboro and if it is that way you need to raise the height of your mower to reduce stress on your lawn and to conserve moisture in the ground. For best result mow 2 inches for Bermuda grass and 2.5 to 3 inches for fescue. You can begin collecting seeds of annuals and perennials for next year’s garden. Cut the seed heads and place in a brown paper bag to dry labeling each bag with the name of the plant.

Divide and transplant bearded iris during the month of August. Cut back the foliage by two-thirds, dig and divide rhizomes and remove any dead portions. Check for iris borers and replant in a sunny, well-drained location with one-third of the rhizome above the existing soil level. Water well! August is a good time to dig and daylilies, using a sharp shovel to split the clumps into desirable sizes. Cut back foliage to 5 inches and replant in a sunny location.



Now is a good time to photograph your garden to help yourself remember what you did and did not like this year. See what worked and what didn’t. In winter you will be able to determine which plants you need to remove or add when you analyze your photos.

Every weed that produces seed means more trouble for you next year. Don’t give in to the heat, and control weeds before they go to seed. Do NOT add weeds with mature seed heads to the compost pile. Many seeds can remain viable and germinate next year when the compost is used.

Start your fall vegetable garden **NOW**. Plant the seeds of broccoli, cabbage, beets, carrots, collards, endive, green beans, bush beans, kale, leaf lettuce, mustard greens, sweet corn and turnips. You can transplant broccoli, cabbage, cauliflower endive and kale.

Fall is the ideal time to fertilize lawns. Soil test NOW, so you’ll know what type of fertilizer to buy.

AUGUST BINGO @ ST. CLAIR

Tuesdays & Thursdays at 10:30 a.m. • No registration required.

- TUESDAY 08/02 Bingo with Aid & Assist at Home/Tamika Brown
- THURSDAY 08/04 CANCELLED
- TUESDAY 08/09 Bingo Roselawn Funeral Home & Memorial Garden
- THURSDAY 08/11 Bingo with The Bridge at Hickory Woods & Life Care Center of Hickory Woods
- TUESDAY 08/16 Bingo with HealthSouth of Franklin
- THURSDAY 08/18 Bingo with Diversicare of Smyrna
- TUESDAY 08/23 Bingo with Willowbrook Home Health & Hospice
- THURSDAY 08/25 Bingo with At Home Health Care
- TUESDAY 08/30 Bingo with NHC

COMING SOON FRIDAY, SEPTEMBER 30

DANCE

at 7:00 p.m. Dance to music by
Uptown Country

\$5 at the door

Doors open at 6:30 p.m.

Bring those dancin’ shoes.

POOL Room News

Coed Tournament 06-13-16

1. Lupe Hickman/Laird Weishahn
2. Teresa Rains/Benny Todd
3. Wilma Murphy/Phil Stilwell

Ladies’ Tournament 06-20-16

1. Linda Sellars
2. Lora York
3. Teresa Rains

Men’s Tournament 06-21-16

1. Bill Gish
2. Jack Hughes
3. Marlin Richards

Below are some commonly used acronyms that may appear in the newsletter.

MPRD = Murfreesboro Parks & Recreation Department

SCSSC = St.. Clair Street Senior Center

MCHRA = Mid-Cumberland Human Resource Agency

ADS = Adult Day Service

NOD = Nurse on Duty

AUGUST 2016



325 St. Clair Street
Murfreesboro, TN 37130
848-2550

Hours of Operation: Monday - Friday

8:00 a.m. - 4:30 p.m.

Saturday from 12:30-3:30 p.m.

Visit us on the web at

www.murfreesborotn.gov/seniorcenter

SENIOR DINING/MEALS ON WHEELS

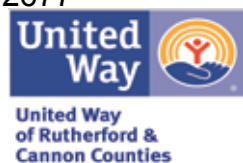
Debbie Willis, Site Coordinator

Call 895-1870 for lunch reservations.

Lunch served Monday-Friday @ 11:30 a.m.
(unless otherwise noted).

MCHRA TRANSPORTATION

615-890-2677



PRSRT STD
U. S. POSTAGE PAID
Nashville, TN
Permit No. 781

DONATIONS & STAFF

DONATIONS for MAY 2016

Bingo \$	5.50
Quilting \$	125.00
Popcorn \$	00.00
Coffee \$	70.23

Donations: Pyong Cahill, Aki Dean, Theresa Grablis, St. Rose Bridge Group, Mintie Welchance.

THANK YOU ALL
FOR YOUR KIND DONATIONS
TO THE CENTER!

ST. CLAIR STREET SENIOR CENTER STAFF

Director Connie Rigsby	Administrative Aide II Diane Smith	Custodians T.J. Key
Administrative Aide I Kim Harding Todd	Administrative Aide I Sarah Beckman	Care Program Specialist Dee Brown
Program Coordinators Drew Anderson Brenda Kiskis Elliott Lisa S. Foster	Adult Day Service Program Coordinator Amanda Pullias	ADS Activity Assistants Kathy Herod Randy Huffman
Caregiver Information Coordinator Cindi Thomas	Nurse Laura Grissom	Administrative Support Specialist Carol Ransom
Facility Attendant Deborah Woodward		Van/Bus Driver Kirby Jeffreys

No person in the United States shall, on grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or subjected to discrimination under any program or activity receiving federal financial assistance. (Title VI of the Civil Rights Act of 1964)

This project is funded under agreement with Greater Nashville Regional Council and funded in part by the United Way.